Arnyell Level Map

Washington, DC

Pole Level Mapper

NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
8 moves

- Carousel Spin
- Cradle Spin
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
9 moves

- Boomerang Spin
- Climb
- Inverted Crucifix
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
16 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Cross Ankle Layback
- Cross Knee Layback
- Embrace
- Flatline
- Genie
- Goddess
- Jasmine
- Mercury
- Reiko Split
- Remi Seat
- Scissor Seat
- Stargazer
- Wrist Seat

HIGH INTERMEDIATE
18 moves

- Allegra
- Ballerina
- Bee's Knees
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Dragonfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Jade
- Jamilla
- Outside Leg Hang
- Shoulder Mount
- Side Saddle
- Superman

ADVANCED
59 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Butterfly
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	8 moves	9 moves	16 moves	18 moves	59 moves


Duchess


Eagle


Eros


Extended Butterfly


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Icarus


Iguana


Inverted D


Iron X


Jackknife


Jallegra


Janeiro


Knee Bocker


Leg Switch

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	8 moves	9 moves	16 moves	18 moves	59 moves


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	8 moves	9 moves	16 moves	18 moves	59 moves



Vortex



Yogini